Face Stress- Get Mentally Fit!

Lots of us live in 24 to 7 time- where work and other responsibilities are never ending… We try our best to keep up and not get swamped. We frequently use every possible trick to manage our time and our stress yet we still end up overwhelmed, behind, feeling negative and distressed.

Often we see *stress* as our *enemy* and if it all possible we avoid it. However we may need to take another view- that of seeing stress paradoxically as the way to manage it! Just like athletes train and build their muscle strength by stressing them, the same is true of stress muscles! They need to be used and built upon to grow, to improve their capacity to deal with, manage and withstand stress!

> **Whatever is flexible and flowing will tend to grow!**
> **-Tao Te Ching**

The key is exposure to stress beyond our normal limits and threshold, followed by rest and adequate recovery! This allows for stress growth and mental strength to occur! This is the way that top professional athletes and business shaker and movers keep up their peak performances- through balancing stress and recovery! Everyone needs time to recover, rest, heal, grow and renew! The goal is to build stress toughness and tolerance muscles so that you can perform well during the storm!

> **The best moments of our lives occur when a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile**
> **-Dr. Csikszentmihalyi**

What is your plan to build your Stress Muscles and Mental Toughness? When will you begin Facing Your Stress?

Some key points to keep in mind as you develop and build your stress strength and muscles

- **Change is often difficult and we may resist and fight it**
- **View change as a step by step and incremental process**
- **Build in new routines so they become easy to do!**
- **Start slowly and develop a realistic plan**
- **Setbacks and failures often occur during change and are part of the steps towards success**
- **We often quit before realizing the success and positive outcomes of our stress toughening program**
- **A little success breeds more success!**

The objective is to promote mental strength, resilience and endurance to handle stress- anytime and any place!

Are you ready to begin?

You are the only one who can determine how the stress in your life is to be used!

-Dr. Kenneth Cooper